**VCE / VET**

**FITNESS FOCUS – BUNDLE THREE**

**WORKBOOK TWO (of two)**

NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Competencies addressed in this workbook task**

SRXINU003A - Analyse Participation Patterns in specific markets of the leisure and recreation industry

**To accompany this workbook**

* **Article: Participation in sports and physical recreation**
* **Victorian’s Participation in Exercise, Recreation and Sport (2001-02)**
* **Sample Participation survey**

**PART ONE**

1. Construct and administer a questionnaire that surveys patterns of participation in the recreation industry. You may utilise the sample survey as a starting guide.
2. Analyse the results of this survey considering the following;
   1. Type of recreational facilities used by various age groups
   2. Type of recreational facilities used by different genders
   3. What were the main type of facilities utilised by your survey group?
   4. What were the other types of facilities that your survey group would like to have in their areas?
   5. What were the main reasons your survey group used the particular facilities?
   6. What do you believe are the main benefits of participation for your survey group?

**PART TWO**

1. Research a fitness, sport or outdoor recreation activity
   1. Describe your chosen activity in terms of the following areas;
      1. History/background
      2. Registered participants – numbers, demographics
      3. Participation trends
      4. Issues affecting participation
      5. Costs, equipment and facilities required
      6. Benefits of participation eg health, social, economic
2. Using the information from Q3, identify strategies that could be implemented to;
   1. Increase the profile of the activity
   2. Increase participation levels for the activity

**This report should be written in an essay format, with a minimum of 500 words. Greater emphasis should be placed upon the promotion and participation strategies rather than describing the activity.**